

Hohenbuchenlauf 2016

31.08.2016 - Hohenbuche9ark Poppenbüttel

Ergebnisse der Damen auf der Kinderlauf (600 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | WK |
|--------------|-------------|------------------|------------|-----------|-------------|-----------|
| 1 | 199 | Eis, Merle | DESY | 08 | 02:15 | 1 |
| 2 | 459 | Hüppe, Anastasia | PHILIPS | 06 | 02:36 | 2 |
| 3 | 377 | Matzke, Sanja | PHILIPS | 09 | 02:58 | 3 |

Ergebnisse der Damen auf der Kurzstrecke (2900 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | WJ | D | 35 | 40 | 45 | 50 | 55 | 60 | 75 |
|-------|------|-----------------------|------------|----|-------|----|---|----|----|----|----|----|----|----|
| 1 | 279 | Wigbers, Anna | HPA | 01 | 12:19 | 1 | . | . | . | . | . | . | . | . |
| 2 | 891 | Stadelmann, Anouk | HPA | 02 | 12:45 | 2 | . | . | . | . | . | . | . | . |
| 3 | 266 | Keschke, Vivien | HPA | 02 | 14:48 | 3 | . | . | . | . | . | . | . | . |
| 4 | 303 | Strauchmann, Maraike | HEK | 81 | 14:53 | . | . | 1 | . | . | . | . | . | . |
| 5 | 242 | Neitzel, Tanja | ERGOsports | 78 | 15:01 | . | . | 2 | . | . | . | . | . | . |
| 6 | 231 | Dreller, Hilke | ERGOsports | 64 | 15:39 | . | . | . | . | . | 1 | . | . | . |
| 7 | 301 | Hüttche, Stefanie | HEK | 88 | 16:16 | . | 1 | . | . | . | . | . | . | . |
| 8 | 229 | Dahl, Katrin | ERGOsports | 62 | 16:20 | . | . | . | . | . | 2 | . | . | . |
| 9 | 299 | Eckert, Ingeborg | HEK | 65 | 16:56 | . | . | . | . | . | 3 | . | . | . |
| 10 | 946 | Steinfeld, Ivonne | Dataport | 80 | 17:17 | . | . | 3 | . | . | . | . | . | . |
| 11 | 285 | Wandersee, Nicole | Hochbahn | 78 | 17:24 | . | . | 4 | . | . | . | . | . | . |
| 12 | 904 | Engel, Nicole | Siemens | 73 | 17:34 | . | . | . | 1 | . | . | . | . | . |
| | 366 | Walendy, Pauline | OTTO | 04 | 17:51 | . | . | . | . | . | . | . | . | . |
| 13 | 364 | Walendy, Birgit | OTTO | 69 | 17:52 | . | . | . | . | 1 | . | . | . | . |
| 14 | 187 | Härtel, Brigitte | Commerz-B. | 54 | 18:09 | . | . | . | . | . | . | . | 1 | . |
| 15 | 248 | Wagner, Ratchaneekorn | ERGOsports | 72 | 18:13 | . | . | . | 2 | . | . | . | . | . |
| 16 | 1033 | Lovon, Katia | PHILIPS | 64 | 19:21 | . | . | . | . | . | 4 | . | . | . |
| 17 | 201 | Bartels, Petra | Deut.Bank | 53 | 19:31 | . | . | . | . | . | . | . | 2 | . |
| 18 | 164 | Schlizio, Petra | AlbeDiakon | 66 | 20:26 | . | . | . | . | . | 5 | . | . | . |
| 19 | 159 | Klar, Sonja | AlbeDiakon | 73 | 20:31 | . | . | . | 3 | . | . | . | . | . |
| 20 | 161 | Mashreghi, Faranak | AlbeDiakon | 63 | 20:33 | . | . | . | . | . | 6 | . | . | . |
| 21 | 237 | Hinst, Roswitha | ERGOsports | 68 | 21:54 | . | . | . | . | 2 | . | . | . | . |
| 22 | 49 | Jeschke, Annegret | PHILIPS | 55 | 22:37 | . | . | . | . | . | . | . | 3 | . |
| 23 | 382 | Orlowski, Elke | PHILIPS | 41 | 25:33 | . | . | . | . | . | . | . | . | 1 |
| 24 | 1016 | Hinckeldeyn, Sabine | ERGOsports | 60 | 25:50 | . | . | . | . | . | . | 1 | . | . |

Ergebnisse der Damen auf der Langstrecke (10000 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | 5 | 3 | 6 | 5 | 5 | 7 | 8 | 1 |
|-------|------|-------------------------|--------------|----|---------|---|----|----|----|----|----|----|----|
| | | | | | | D | 30 | 35 | 40 | 45 | 50 | 55 | 60 |
| 1 | 203 | Hennecke, Anke | Deut.Bank | 76 | 40:19 | . | . | . | 1 | . | . | . | . |
| 2 | 969 | Putensen, Anne-Katrin | Laufwerk | 80 | 41:54 | . | . | 1 | . | . | . | . | . |
| 3 | 317 | Recht, Janette | HSH-NORDB. | 81 | 45:59 | . | . | 2 | . | . | . | . | . |
| 4 | 369 | Fuchs, Bettina | PHILIPS | 73 | 47:36 | . | . | . | 2 | . | . | . | . |
| 5 | 176 | Heinsohn, Christin | Berenberg | 68 | 49:22 | . | . | . | . | 1 | . | . | . |
| 6 | 343 | Hohenschild, Britta | Lufthansa | 64 | 49:27 | . | . | . | . | . | 1 | . | . |
| 7 | 400 | Warnecke-Jerol, Margret | Stern | 61 | 49:34 | . | . | . | . | . | . | 1 | . |
| 8 | 190 | Barowsky, Gabriela | Dataport | 70 | 49:41 | . | . | . | . | 2 | . | . | . |
| 9 | 378 | Matzke, Svenja | PHILIPS | 78 | 50:05 | . | . | 3 | . | . | . | . | . |
| 10 | 435 | Aschbermer, Jana | TÜV-Nord | 81 | 50:24 | . | . | 4 | . | . | . | . | . |
| 11 | 432 | Schomburg, Karen | TK | 84 | 50:53 | . | 1 | . | . | . | . | . | . |
| 12 | 431 | Eich, Janna | TK | 85 | 51:02 | . | 2 | . | . | . | . | . | . |
| 13 | 223 | Brose, Silke | ELBE-Sport | 62 | 51:23 | . | . | . | . | . | 2 | . | . |
| 14 | 1028 | Togler, Monika | NDR | 57 | 51:55 | . | . | . | . | . | . | 2 | . |
| 15 | 284 | Kaussler, Claudia | Hochbahn | 61 | 52:40 | . | . | . | . | . | . | 3 | . |
| 16 | 356 | Beu, Sylvie | OTTO | 74 | 52:58 | . | . | . | 3 | . | . | . | . |
| 17 | 1018 | Scheutz, Sandra | ERGOsports | 80 | 53:19 | . | . | 5 | . | . | . | . | . |
| 18 | 363 | Traut, Maria | OTTO | 90 | 53:25 | 1 | . | . | . | . | . | . | . |
| 19 | 233 | Ewers, Dorit | ERGOsports | 61 | 53:39 | . | . | . | . | . | . | 4 | . |
| 20 | 276 | Tilch, Hanna | HPA | 99 | 54:39 | 2 | . | . | . | . | . | . | . |
| 21 | 290 | König, Monika | Haspa | 58 | 54:49 | . | . | . | . | . | . | 5 | . |
| 22 | 338 | Kersten, Ines | Laufwerk | 62 | 56:32 | . | . | . | . | . | 3 | . | . |
| 23 | 362 | Stegemann, Bettina | OTTO | 72 | 57:07 | . | . | . | 4 | . | . | . | . |
| 24 | 172 | Grandsitzki, Janine | Beiersdorf | 89 | 58:03 | 3 | . | . | . | . | . | . | . |
| 24 | 173 | Laubvogel, Karina | Beiersdorf | 93 | 58:03 | 3 | . | . | . | . | . | . | . |
| 24 | 175 | Unterlaufft, Ariane | Beiersdorf | 87 | 58:03 | 3 | . | . | . | . | . | . | . |
| 27 | 1021 | Matznick, Katrin | HEK | 83 | 59:11 | . | 3 | . | . | . | . | . | . |
| 28 | 339 | Machate, Sabine | Laufwerk | 57 | 59:14 | . | . | . | . | . | . | 6 | . |
| 29 | 270 | Reiher, Nicole | HPA | 71 | 59:30 | . | . | . | . | 3 | . | . | . |
| 30 | 420 | Kamlage, Frauke | Signal Iduna | 56 | 1:01:59 | . | . | . | . | . | . | . | 1 |
| 31 | 890 | Scheile-Bängsson, Barb | HPA | 68 | 1:02:36 | . | . | . | . | 4 | . | . | . |
| 32 | 122 | Siopiros, Maren | Signal Iduna | 64 | 1:02:56 | . | . | . | . | . | 4 | . | . |
| 33 | 1032 | Rohde, Sabine | Berenberg | 59 | 1:03:51 | . | . | . | . | . | . | 7 | . |
| 34 | 268 | Lohstroh, Ellen | HPA | 57 | 1:04:14 | . | . | . | . | . | . | 8 | . |
| 35 | 191 | König, Johanna | Dataport | 64 | 1:04:48 | . | . | . | . | . | 5 | . | . |
| 36 | 288 | Hagelkris, Verena | Haspa | 76 | 1:04:53 | . | . | . | 5 | . | . | . | . |
| 37 | 513 | Kaufmann, Stefanie | AlbeDiakon | 78 | 1:07:56 | . | . | 6 | . | . | . | . | . |
| 38 | 425 | Reese-Theegee, Kirsten | Signal Iduna | 62 | 1:09:32 | . | . | . | . | . | 6 | . | . |
| 39 | 391 | Maiwald, Sonja | Polizei HH | 70 | 1:10:33 | . | . | . | . | 5 | . | . | . |
| 40 | 905 | Sprengard, Kerstin | Siemens | 63 | 1:11:46 | . | . | . | . | . | 7 | . | . |

Ergebnisse der Herren auf der Kinderlauf (600 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | MK |
|--------------|-------------|-------------------|------------|-----------|-------------|-----------|
| 1 | 460 | Hüppe, Maxim | PHILIPS | 05 | 02:12 | 1 |
| 2 | 1010 | Steinfeld, Marlon | Dataport | 11 | 03:13 | 2 |
| 3 | 241 | Neitzel, Patrick | ERGOsports | 13 | 03:46 | 3 |

Ergebnisse der Herren auf der Kurzstrecke (2900 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | | | | | | | | | | | | |
|-------|------|------------------------|--------------|----|-------|----|----|----|----|----|----|----|----|----|----|----|---|
| | | | | | | 1 | 3 | 1 | 2 | 8 | 4 | 7 | 5 | 6 | 2 | 1 | |
| | | | | | | MJ | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 85 | |
| 1 | 801 | Winter, Christian | ERGOsports | 81 | 10:32 | . | 1 | . | . | . | . | . | . | . | . | . | . |
| 2 | 851 | Koudougou, Halidou | PHILIPS | 79 | 10:39 | . | 2 | . | . | . | . | . | . | . | . | . | . |
| 3 | 375 | Matzke, Herwig | PHILIPS | 72 | 10:42 | . | . | 1 | . | . | . | . | . | . | . | . | . |
| 4 | 478 | Dankers, Heinz | Polizei HH | 60 | 10:45 | . | . | . | . | . | 1 | . | . | . | . | . | . |
| 5 | 442 | Kupper, Frank | TÜV-Nord | 64 | 10:50 | . | . | . | . | 1 | . | . | . | . | . | . | . |
| 6 | | Wehowsky, Frank | TÜV-Nord | 62 | 11:22 | . | . | . | . | 2 | . | . | . | . | . | . | . |
| 7 | 373 | Lovon, Emmanuel | PHILIPS | 62 | 11:53 | . | . | . | . | 3 | . | . | . | . | . | . | . |
| 8 | 876 | Herzberg, Andreas | Airbus | 66 | 11:55 | . | . | . | . | 4 | . | . | . | . | . | . | . |
| 9 | 1014 | Avarello, Marcel | ERGOsports | 81 | 12:12 | . | 3 | . | . | . | . | . | . | . | . | . | . |
| 10 | 814 | Stypmann, Michael | Polizei HH | 63 | 12:15 | . | . | . | . | 5 | . | . | . | . | . | . | . |
| 11 | 156 | Gevers, Christoph | AlbeDiakon | 65 | 12:17 | . | . | . | . | 6 | . | . | . | . | . | . | . |
| 12 | 32 | Schwenck, Jonatan | HSH-NORDB. | 02 | 12:18 | 1 | . | . | . | . | . | . | . | . | . | . | . |
| 13 | 899 | Skwirblies, Martin | Laufwerk | 65 | 12:28 | . | . | . | . | 7 | . | . | . | . | . | . | . |
| 14 | 245 | Spijker, Rüdiger | ERGOsports | 60 | 13:08 | . | . | . | . | . | 2 | . | . | . | . | . | . |
| 15 | 426 | Stamm, Volker | Signal Iduna | 53 | 13:37 | . | . | . | . | . | . | 1 | . | . | . | . | . |
| 16 | 764 | Schumacher, Peter | TÜV-Nord | 52 | 13:41 | . | . | . | . | . | . | 2 | . | . | . | . | . |
| 17 | 158 | Janssen, Gregor | AlbeDiakon | 60 | 13:57 | . | . | . | . | . | 3 | . | . | . | . | . | . |
| 18 | 802 | Winter, Rainer | ERGOsports | 49 | 14:21 | . | . | . | . | . | . | . | 1 | . | . | . | . |
| 19 | 482 | Ahrens, Ingo | HEK | 68 | 14:32 | . | . | . | 1 | . | . | . | . | . | . | . | . |
| 20 | 1013 | Wolff, Mario | Deut.Bank | 56 | 14:34 | . | . | . | . | . | . | 3 | . | . | . | . | . |
| 21 | 1017 | Krause, Reinhard | ERGOsports | 44 | 14:56 | . | . | . | . | . | . | . | . | 1 | . | . | . |
| 22 | 174 | Lübbecke, Dr. Hans | Beiersdorf | 47 | 15:05 | . | . | . | . | . | . | . | 2 | . | . | . | . |
| 23 | 151 | Möller, Thomas | Airbus | 63 | 15:38 | . | . | . | . | 8 | . | . | . | . | . | . | . |
| 24 | 314 | Diezel, Günter | HSH-NORDB. | 54 | 15:44 | . | . | . | . | . | . | 4 | . | . | . | . | . |
| 25 | 3 | Ahrens, Claus-Werner | Basler | 44 | 15:46 | . | . | . | . | . | . | . | . | 2 | . | . | . |
| 26 | 168 | Meier-Rößler, Jochen | BA-Nord | 44 | 15:49 | . | . | . | . | . | . | . | . | 3 | . | . | . |
| 27 | 379 | Meier, Manfred | PHILIPS | 40 | 15:53 | . | . | . | . | . | . | . | . | . | 1 | . | . |
| 28 | 415 | Kaminke, Andres | Kravag | 56 | 16:04 | . | . | . | . | . | . | 5 | . | . | . | . | . |
| 29 | 384 | Schrader, Rudi | PHILIPS | 49 | 16:24 | . | . | . | . | . | . | . | 3 | . | . | . | . |
| 30 | 633 | Harms, Michael | Hochbahn | 55 | 17:12 | . | . | . | . | . | . | 6 | . | . | . | . | . |
| 31 | 312 | Ahrens, Helmuth | HSH-NORDB. | 51 | 17:29 | . | . | . | . | . | . | . | 4 | . | . | . | . |
| 32 | 455 | Wolter, Friedrich | VATTENFALL | 52 | 18:59 | . | . | . | . | . | . | 7 | . | . | . | . | . |
| 33 | 236 | Hinsen, Dr. Guido | ERGOsports | 59 | 19:47 | . | . | . | . | . | 4 | . | . | . | . | . | . |
| 34 | 462 | Böthern, Rolf | Fa.Blanke. | 43 | 20:01 | . | . | . | . | . | . | . | . | 4 | . | . | . |
| 35 | 374 | Matthies, Hans-Joachim | PHILIPS | 30 | 20:12 | . | . | . | . | . | . | . | . | . | . | 1 | . |
| 36 | 1012 | Wessling, Rüdiger | Dataport | 67 | 20:43 | . | . | . | 2 | . | . | . | . | . | . | . | . |
| 37 | 421 | Kamlage, Jens | Signal Iduna | 43 | 21:12 | . | . | . | . | . | . | . | . | 5 | . | . | . |
| 38 | 287 | Becker, Wolfgang | Haspa | 51 | 22:30 | . | . | . | . | . | . | . | 5 | . | . | . | . |
| 39 | 383 | Orlowski, Rolf | PHILIPS | 42 | 25:34 | . | . | . | . | . | . | . | . | 6 | . | . | . |
| 40 | 249 | Bartels, Fritz | Fa.Blanke. | 38 | 27:05 | . | . | . | . | . | . | . | . | . | 2 | . | . |

Ergebnisse der Herren auf der Langstrecke (10000 Meter)

| Platz | StNr | Name | BSG | Jg | Zeit | 6 | 10 | 5 | 7 | 18 | 19 | 15 | 12 | 6 | 4 | 2 |
|-------|------|-----------------------|--------------|----|-------|---|----|----|----|----|----|----|----|----|----|----|
| | | | | | | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 |
| 1 | 44 | Wittmar, Johannes | OTTO | 81 | 36:33 | . | . | 1 | . | . | . | . | . | . | . | . |
| 2 | 109 | Ebel, Thomas | NDR | 65 | 37:07 | . | . | . | . | . | 1 | . | . | . | . | . |
| 3 | 371 | Glasenapp, Jan | PHILIPS | 71 | 38:28 | . | . | . | . | 1 | . | . | . | . | . | . |
| 4 | 471 | Bozyakali, Can | PHILIPS | 74 | 38:58 | . | . | . | 1 | . | . | . | . | . | . | . |
| 5 | 515 | Levezow, Thomas | BBK | 69 | 39:17 | . | . | . | . | 2 | . | . | . | . | . | . |
| 6 | 846 | Hoffmann, Henning | PHILIPS | 83 | 39:31 | . | 1 | . | . | . | . | . | . | . | . | . |
| 7 | 436 | Bietke, Dirk | TÜV-Nord | 71 | 39:34 | . | . | . | . | 3 | . | . | . | . | . | . |
| 8 | 147 | Kiehl, Thorsten | Airbus | 84 | 39:56 | . | 2 | . | . | . | . | . | . | . | . | . |
| 9 | 581 | Mandelbaum, Dennis | Kravag | 88 | 40:13 | 1 | . | . | . | . | . | . | . | . | . | . |
| 10 | 886 | Voß, Thomas | Deut.Bank | 67 | 40:18 | . | . | . | . | 4 | . | . | . | . | . | . |
| 11 | 381 | Ohagen, Hendrik | PHILIPS | 77 | 41:05 | . | . | 2 | . | . | . | . | . | . | . | . |
| 12 | 504 | Gruber, Markus | DAK | 70 | 41:07 | . | . | . | . | 5 | . | . | . | . | . | . |
| 13 | 308 | Jovanovich, Marco | HSU HH | 80 | 41:09 | . | . | 3 | . | . | . | . | . | . | . | . |
| 14 | 165 | Krastev, Ulli | BACARDI | 69 | 41:11 | . | . | . | . | 6 | . | . | . | . | . | . |
| 15 | 648 | Scholz, Christian | Haspa | 82 | 41:30 | . | 3 | . | . | . | . | . | . | . | . | . |
| 16 | 160 | Krause, Tom | AlbeDiakon | 67 | 41:52 | . | . | . | . | 7 | . | . | . | . | . | . |
| 17 | 443 | Zander, Sven | TÜV-Nord | 81 | 41:54 | . | . | 4 | . | . | . | . | . | . | . | . |
| 18 | 302 | Lemkau, Niels | HEK | 65 | 42:22 | . | . | . | . | . | 2 | . | . | . | . | . |
| 19 | 634 | Hrouda, Peter | Hochbahn | 72 | 42:32 | . | . | . | 2 | . | . | . | . | . | . | . |
| 20 | 387 | Brandt, Boris | Polizei HH | 82 | 42:40 | . | 4 | . | . | . | . | . | . | . | . | . |
| 21 | 489 | Papenberg, Matthias | Laufwerk | 65 | 42:53 | . | . | . | . | . | 3 | . | . | . | . | . |
| 22 | 395 | Schirduan, Stefan | Postbank-H | 65 | 43:00 | . | . | . | . | . | 4 | . | . | . | . | . |
| 23 | 355 | Becker, Jens-Gerrit | OTTO | 62 | 43:46 | . | . | . | . | . | 5 | . | . | . | . | . |
| 24 | 486 | Manke, Dirk | PHILIPS | 71 | 44:01 | . | . | . | . | 8 | . | . | . | . | . | . |
| 25 | 502 | Meyer-Reim, Utz | DG-HYP | 61 | 44:02 | . | . | . | . | . | . | 1 | . | . | . | . |
| 26 | 200 | Schulz, Torsten | DESY | 62 | 44:10 | . | . | . | . | . | 6 | . | . | . | . | . |
| 27 | 632 | Lahouti, Arman | HHLA | 86 | 44:12 | . | 5 | . | . | . | . | . | . | . | . | . |
| 28 | 1020 | Olsson, Jens | Haspa | 63 | 44:21 | . | . | . | . | . | 7 | . | . | . | . | . |
| 29 | 120 | Ruff, Kevin | Signal Iduna | 89 | 44:50 | 2 | . | . | . | . | . | . | . | . | . | . |
| 30 | 954 | Jacobsen, Henrik | Hochbahn | 92 | 44:57 | 3 | . | . | . | . | . | . | . | . | . | . |
| 31 | 508 | Rambatz-Arauco, Bernd | Airbus | 65 | 45:08 | . | . | . | . | . | 8 | . | . | . | . | . |
| 32 | 197 | Duncker, Christian | DESY | 84 | 45:15 | . | 6 | . | . | . | . | . | . | . | . | . |
| 33 | 300 | Herrmann, Thomas | HEK | 58 | 45:21 | . | . | . | . | . | . | 2 | . | . | . | . |
| 34 | 192 | Schmidt, Dennis Kim | Dataport | 83 | 45:22 | . | 7 | . | . | . | . | . | . | . | . | . |
| 35 | 114 | Haacker, Kai | PHILIPS | 63 | 45:23 | . | . | . | . | . | 9 | . | . | . | . | . |
| 36 | 386 | Weinrich, Konrad | PHILIPS | 59 | 45:27 | . | . | . | . | . | . | 3 | . | . | . | . |
| 37 | 234 | Faust, Thomas | ERGOsports | 62 | 45:30 | . | . | . | . | 10 | . | . | . | . | . | . |
| 37 | 286 | Westphal, Wolfgang | Hochbahn | 54 | 45:30 | . | . | . | . | . | . | . | 1 | . | . | . |
| 39 | 157 | Hornung, Jürgen | AlbeDiakon | 54 | 45:35 | . | . | . | . | . | . | . | 2 | . | . | . |
| 40 | 990 | Wegmann, Dr. Gerhard | Airbus | 67 | 46:27 | . | . | . | . | 9 | . | . | . | . | . | . |
| 41 | 260 | Poulut-Michel, Oscar | HH Airport | 69 | 46:29 | . | . | . | . | 10 | . | . | . | . | . | . |
| 42 | 518 | Sietz, Jesper | DAK | 00 | 47:18 | 4 | . | . | . | . | . | . | . | . | . | . |
| 43 | 653 | Schröder, Dieter | HEK | 52 | 47:23 | . | . | . | . | . | . | . | 3 | . | . | . |
| 44 | 390 | Maiwald, Hardy | Polizei HH | 74 | 47:28 | . | . | . | 3 | . | . | . | . | . | . | . |
| 45 | 247 | Wagner, Dirk | ERGOsports | 72 | 48:00 | . | . | . | 4 | . | . | . | . | . | . | . |
| 46 | 235 | Hinckeldeyn, Jörg | ERGOsports | 60 | 48:04 | . | . | . | . | . | 4 | . | . | . | . | . |
| 47 | 196 | Caliebe, Wolfgang | DESY | 67 | 48:05 | . | . | . | 11 | . | . | . | . | . | . | . |
| 48 | 277 | Tilch, Peter | HPA | 55 | 48:11 | . | . | . | . | . | . | 4 | . | . | . | . |
| 49 | 103 | Kozieras, Norbert | ERGOsports | 50 | 48:14 | . | . | . | . | . | . | . | 1 | . | . | . |
| 49 | 365 | Walendy, Gerd | OTTO | 65 | 48:14 | . | . | . | . | 11 | . | . | . | . | . | . |
| 51 | 353 | Thimm, Erich | NDR | 51 | 48:16 | . | . | . | . | . | . | . | . | 2 | . | . |
| 52 | 358 | Kliem, Rüdiger | OTTO | 61 | 48:17 | . | . | . | . | . | . | 5 | . | . | . | . |
| 53 | 281 | Barckhahn, Sven | HHLA | 75 | 48:31 | . | . | . | 5 | . | . | . | . | . | . | . |
| 54 | 519 | Berndt, Marcus | Dataport | 85 | 48:37 | . | 8 | . | . | . | . | . | . | . | . | . |
| 55 | 149 | Lucke, Marcus | Airbus | 65 | 48:44 | . | . | . | . | 12 | . | . | . | . | . | . |
| 56 | 467 | Harder, Torsten | ERGOsports | 71 | 48:46 | . | . | . | 12 | . | . | . | . | . | . | . |
| 57 | 146 | Graudenz, Eckart | Airbus | 44 | 49:06 | . | . | . | . | . | . | . | . | . | 1 | . |
| 58 | 117 | Manthei, Jan | Signal Iduna | 67 | 49:08 | . | . | . | . | 13 | . | . | . | . | . | . |
| 59 | 885 | Sietz, Andreas | DAK | 68 | 49:19 | . | . | . | . | 14 | . | . | . | . | . | . |
| 60 | 831 | Rausch, Steffen | NDR | 64 | 49:22 | . | . | . | . | 13 | . | . | . | . | . | . |
| 61 | 269 | Reiher, Fabian | HPA | 98 | 49:23 | 5 | . | . | . | . | . | . | . | . | . | . |
| 62 | 332 | Stark, Jöran | Funkgruppe | 78 | 49:43 | . | . | 5 | . | . | . | . | . | . | . | . |
| 63 | 145 | Felger, Fritz | Airbus | 59 | 49:45 | . | . | . | . | . | 6 | . | . | . | . | . |
| 64 | 97 | Bley, Stefan | Airbus | 71 | 49:46 | . | . | . | . | 15 | . | . | . | . | . | . |
| 65 | | Werner, Carsten | Siemens | 66 | 50:18 | . | . | . | . | 14 | . | . | . | . | . | . |

| Platz | StNr | Name | BSG | Jg | Zeit | M | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 |
|-------|------|-----------------------------|--------------|----|---------|---|----|----|----|----|----|----|----|----|----|----|
| 66 | 222 | Schmidt, Bjoern | EDEKA | 72 | 50:37 | . | . | . | 6 | . | . | . | . | . | . | . |
| 67 | 315 | Günther, Reinhard | HSH-NORDB. | 58 | 50:38 | . | . | . | . | . | . | 7 | . | . | . | . |
| 68 | 410 | Marquardt, Guido | SPK-Süd | 71 | 50:56 | . | . | . | 16 | . | . | . | . | . | . | . |
| 69 | 1023 | Martin, Dirk | Laufwerk | 66 | 51:14 | . | . | . | . | 15 | . | . | . | . | . | . |
| 70 | 148 | Koss, Alexander | Airbus | 83 | 51:20 | . | 9 | . | . | . | . | . | . | . | . | . |
| 71 | 848 | Rubiales Jimenez, Luis | Zoll | 38 | 51:50 | . | . | . | . | . | . | . | . | . | . | 1 |
| 72 | 430 | Hansen, Jan | wellnuss.de | 74 | 52:11 | . | . | . | 7 | . | . | . | . | . | . | . |
| 73 | 345 | Hormann, Hans Heinrich | Lufthansa | 59 | 52:29 | . | . | . | . | . | . | 8 | . | . | . | . |
| 74 | 481 | Vermehren, Ingo | Polizei HH | 67 | 52:36 | . | . | . | 17 | . | . | . | . | . | . | . |
| 75 | 1031 | Löffler, Uwe | ERGOsports | 41 | 53:04 | . | . | . | . | . | . | . | . | . | . | 2 |
| 76 | 202 | Ehrenberg, Frank | Deut.Bank | 59 | 53:10 | . | . | . | . | . | . | 9 | . | . | . | . |
| 77 | 119 | Mallwitz, Dennis | Signal Iduna | 82 | 53:15 | . | 10 | . | . | . | . | . | . | . | . | . |
| 78 | 488 | Jakobsen, Frank | Airbus | 66 | 53:23 | . | . | . | . | 16 | . | . | . | . | . | . |
| 79 | 258 | Manke, Michael | HH Airport | 60 | 53:41 | . | . | . | . | . | 10 | . | . | . | . | . |
| 80 | 902 | Rittmeister, Lutz | PHILIPS | 59 | 53:53 | . | . | . | . | . | 11 | . | . | . | . | . |
| 81 | 673 | Rohde, Lothar | PHILIPS | 53 | 53:55 | . | . | . | . | . | . | . | 5 | . | . | . |
| 82 | 1027 | Togler, Klaus | NDR | 52 | 54:34 | . | . | . | . | . | . | . | 6 | . | . | . |
| 83 | 121 | Scharf, Dietmar | Signal Iduna | 68 | 54:36 | . | . | . | 18 | . | . | . | . | . | . | . |
| 84 | 1024 | Martin, Luys Bennett | Laufwerk | 00 | 54:37 | 6 | . | . | . | . | . | . | . | . | . | . |
| 85 | 340 | Steuernagel, Curt | Laufwerk | 56 | 54:49 | . | . | . | . | . | . | . | 7 | . | . | . |
| 86 | 394 | Meyer, Peter | Postbank-H | 47 | 54:54 | . | . | . | . | . | . | . | . | 3 | . | . |
| 87 | 665 | Schulz, Hans-Joachim | Gaden | 46 | 55:05 | . | . | . | . | . | . | . | . | . | 2 | . |
| 88 | 1029 | Hummel, Thomas | VATTENFALL | 50 | 55:17 | . | . | . | . | . | . | . | . | 4 | . | . |
| 89 | 344 | Holz kamp-Heise, Karl-Heinz | Lufthansa | 52 | 55:48 | . | . | . | . | . | . | . | 8 | . | . | . |
| 90 | 411 | Meyer-Lomberg, Wolfgang | SPK-Süd | 56 | 55:57 | . | . | . | . | . | . | . | 9 | . | . | . |
| 91 | 635 | Steinhorst, Jürgen | Hochbahn | 53 | 56:19 | . | . | . | . | . | . | . | 10 | . | . | . |
| 92 | 225 | Kühl, Bernd | ELBE-Sport | 46 | 56:28 | . | . | . | . | . | . | . | . | 3 | . | . |
| 93 | 321 | Kieselbach, Wolfgang | HypoVerein | 52 | 56:38 | . | . | . | . | . | . | . | 11 | . | . | . |
| 94 | 906 | Rohde, Kurt | Signal Iduna | 49 | 57:08 | . | . | . | . | . | . | . | . | 5 | . | . |
| 95 | 232 | Ehrke, Michael | ERGOsports | 59 | 57:38 | . | . | . | . | . | . | 12 | . | . | . | . |
| 96 | 444 | Danckers, Joachim | VATTENFALL | 63 | 58:47 | . | . | . | . | 17 | . | . | . | . | . | . |
| 97 | 289 | Knoefel, Gerhard | Haspa | 59 | 58:51 | . | . | . | . | . | . | 13 | . | . | . | . |
| 98 | 224 | Hildebrandt, Edgard | ELBE-Sport | 53 | 58:57 | . | . | . | . | . | . | . | 12 | . | . | . |
| 99 | 838 | Janssen, Rainer | HHLA | 65 | 59:01 | . | . | . | . | 18 | . | . | . | . | . | . |
| 100 | 409 | Steinhagen, Michael | SKF | 58 | 1:00:19 | . | . | . | . | . | . | 14 | . | . | . | . |
| 101 | 257 | Loges, Horst-Dieter | HH Airport | 57 | 1:01:25 | . | . | . | . | . | . | . | 15 | . | . | . |
| 102 | 118 | Röhrig, Jörg | Signal Iduna | 63 | 1:02:57 | . | . | . | . | 19 | . | . | . | . | . | . |
| 103 | 31 | Schwenck, Jörn | HSH-NORDB. | 44 | 1:04:37 | . | . | . | . | . | . | . | . | . | 4 | . |
| 104 | 370 | Gaebert, Hans-Joachim | PHILIPS | 47 | 1:11:49 | . | . | . | . | . | . | . | . | 6 | . | . |

Ergebnisse der Damenmannschaften auf der Kurzstrecke (2900 Meter)

| | | | | |
|---|------------|---|---|---------|
| 1 | HPA | 1 | Wigbers, Anna; Stadelmann, Anouk; Keschke, Vivien | 0:39:52 |
| 2 | ERGOsports | 1 | Neitzel, Tanja; Dreller, Hilke; Dahl, Katrin | 0:47:00 |
| 3 | HEK | 1 | Strauchmann, Maraike; Hüttche, Stefanie; Eckert, Ingeborg | 0:48:05 |
| 4 | AlbeDiakon | 1 | Schlizio, Petra; Klar, Sonja; Mashreghi, Faranak | 1:01:30 |
| 5 | ERGOsports | 2 | Wagner, Ratchaneekorn; Hinst, Roswitha; Hinckeldeyn, Sabine | 1:05:57 |
| 6 | PHILIPS | 1 | Lovon, Katia; Jeschke, Annegret; Orłowski, Elke | 1:07:31 |

Ergebnisse der Damenmannschaften auf der Langstrecke (10000 Meter)

| | | | | |
|---|--------------|---|---|---------|
| 1 | Laufwerk | 1 | Putensen, Anne-Katrin; Kersten, Ines; Machate, Sabine | 2:37:40 |
| 2 | OTTO | 1 | Beu, Sylvie; Traut, Maria; Stegemann, Bettina | 2:43:30 |
| 3 | Beiersdorf | 1 | Unterlaufft, Ariane; Laubvogel, Karina; Grandsitzki, Janine | 2:54:09 |
| 4 | HPA | 1 | Tilch, Hanna; Reiher, Nicole; Scheile-Bängsson, Barb | 2:56:45 |
| 5 | Signal Iduna | 1 | Kamlage, Frauke; Siopiros, Maren; Reese-Theeje, Kirsten | 3:14:27 |

Ergebnisse der Herrenmannschaften auf der Kurzstrecke (2900 Meter)

| | | | | |
|---|------------|---|--|---------|
| 1 | PHILIPS | 1 | Koudougou, Halidou; Matzke, Herwig; Lovon, Emmanuel | 0:33:14 |
| 2 | ERGOsports | 1 | Winter, Christian; Avarello, Marcel; Spijker, Rüdiger | 0:35:52 |
| 3 | TÜV-Nord | 1 | Kupper, Frank; Wehowsky, Frank; Schumacher, Peter | 0:35:53 |
| 4 | HSH-NORDB. | 1 | Schwenck, Jonatan; Diezel, Günter; Ahrens, Helmuth | 0:45:31 |
| 5 | ERGOsports | 2 | Winter, Rainer; Krause, Reinhard; Hinsen, Dr. Guido | 0:49:04 |
| 6 | PHILIPS | 2 | Meier, Manfred; Schrader, Rudi; Matthies, Hans-Joachim | 0:52:29 |

Ergebnisse der Herrenmannschaften auf der Langstrecke (10000 Meter)

| | | | | |
|----|--------------|---|--|---------|
| 1 | PHILIPS | 1 | Glaserapp, Jan; Bozyakali, Can; Hoffmann, Henning | 1:56:57 |
| 2 | OTTO | 1 | Wittmar, Johannes; Becker, Jens-Gerrit; Walendy, Gerd | 2:08:33 |
| 3 | PHILIPS | 2 | Ohagen, Hendrik; Manke, Dirk; Haacker, Kai | 2:10:29 |
| 4 | Airbus | 1 | Kiehl, Thorsten; Rambatz-Arauco, Bernd; Wegmann, Dr. Gerhard | 2:11:31 |
| 5 | Hochbahn | 1 | Hrouda, Peter; Jacobsen, Henrik; Westphal, Wolfgang | 2:12:59 |
| 6 | NDR | 1 | Ebel, Thomas; Thimm, Erich; Rausch, Steffen | 2:14:45 |
| 7 | HEK | 1 | Lemkau, Niels; Herrmann, Thomas; Schröder, Dieter | 2:15:06 |
| 8 | DESY | 1 | Schulz, Torsten; Duncker, Christian; Caliebe, Wolfgang | 2:17:30 |
| 9 | DAK | 1 | Gruber, Markus; Sietz, Jesper; Sietz, Andreas | 2:17:44 |
| 10 | ERGOsports | 1 | Faust, Thomas; Wagner, Dirk; Hinckeldeyn, Jörg | 2:21:34 |
| 11 | Polizei HH | 1 | Brandt, Boris; Maiwald, Hardy; Vermehren, Ingo | 2:22:44 |
| 12 | Haspa | 1 | Scholz, Christian; Olsson, Jens; Knoefel, Gerhard | 2:24:42 |
| 13 | Signal Iduna | 1 | Ruff, Kevin; Manthei, Jan; Mallwitz, Dennis | 2:27:13 |
| 14 | Airbus | 2 | Lucke, Marcus; Graudenz, Eckart; Felger, Fritz | 2:27:35 |
| 15 | Laufwerk | 1 | Papenberg, Matthias; Martin, Dirk; Martin, Luys Bennett | 2:28:44 |
| 16 | ERGOsports | 2 | Kozieras, Norbert; Harder, Torsten; Löffler, Uwe | 2:30:04 |
| 17 | HHLA | 1 | Lahouti, Arman; Barckhahn, Sven; Janssen, Rainer | 2:31:44 |
| 18 | PHILIPS | 3 | Weinrich, Konrad; Rittmeister, Lutz; Rohde, Lothar | 2:33:15 |
| 19 | Airbus | 3 | Bley, Stefan; Koss, Alexander; Jakobsen, Frank | 2:34:29 |
| 20 | HH Airport | 1 | Poulut-Michel, Oscar; Manke, Michael; Loges, Horst-Dieter | 2:41:35 |
| 21 | Signal Iduna | 2 | Scharf, Dietmar; Rohde, Kurt; Röhrig, Jörg | 2:54:41 |